A briefe

and ſhort diſcourſe of the Vertue and Operation of Balſame,

With an inſtruction for thoſe that haue their health to preſerue the ſame.

VVhereunto is added

Doctor Bullins Diet for Health.

Imprinted at London for Iohn Perin, dwelling in Paules Church-yard.

Anno Domini.

1585.

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The vertue and operation of this Balsame.

HOWE this Balsame may be vsed to ỳ health and profit of the byers, it must be alwaies kept close, and the vessell wherein it is, must be very wel stopt, for els it will consume and wast awaie.

Any person which hath his sight beginning to fayle him, let him continually smell vnto this Balsame, and they shal be holpen, and their sight shall be preserued.

Make this Balsam warme, and rubbe therewith the Nose within and without of all those which haue a moiste and colde brayne, so shall they

be preserued in greate healthy thereby.

And whosoeuer hath a cold rume discending from the braine, let them vse to rubbe their Nosethrils with thys Balsame three times a daie, morning, noone, and night, and it helpeth them.

Such as are heauie hedded, dull witted, & forgetfull, let al those vse to anoint the hinder parte of their head with the Balsome, and it comforteth the wit, and refresheth a man exceeding well.

Giue one drop of this Balsame in a sponeful of wine, Beere, or Ale, fasting, to all those which hath no apetite, and it helpeth them. Also all they which vse to drinck of it are long preserued in good liking: And causeth a mans

heare

heare to keep his colour, and not to waxe white:

IF any person haue a slimie stomacke, let them vse euery morning fasting to take one drop of this balsam, in wine, beere, or ale, and it expulseth the fleame, and comforteth ꝑ stomacke. Also whosoeuer hath abundaũce of coruptiõ in their stomacke, which is cause of greate feebienes, let them vse as it aforesayd, euerie xii. or xiiii. daie to purge himsefe, so may one shortly be holpen, whiche myght their life time liue and suffer great paynes.

Being taken euery morning one drop in a sponefull of wine, beere, or ale: It preserueth one from poysoning the whole daie after: Also, it preserueth a man from corupte

or poysned ayre, and is especiall good to bee vsed in the time of Pestilence.

SUch as are poysoned, let them incontinent take one droppe of this Balsame in a sponefull of water, & so continue in taking of this Balsam xii. howers after, that is euerie houre a drop. so shall they be holpen.

ANy perso which by chaūce falleth and is bruised on any part of the bodie, let them straight waye annoynt the same place therewith, and it aswageth the swelling, & putteth awaie the blackneſſe of the sore, also whē a man hath a stitch in the side, annoint it therwith and it helpeth.

NEither any olde or yong folke which haue a stinck-king breath, so that the stench

come

come out of the stomacke, but it helpeth, if it be receiued euerie morning fasting one drop with a sponefull of wine, the space of xiiii. daies, and fast ii. houres after thei haue taken it.

ONe drop of this Balsame put into a Fistel euery day the space of xx. dayes, healeth and stoppeth the fistell, also it healeth all woũds old & new, laide into them twise a daie according to the quantitie of the wound.

FOure drops of this balsam put vppon a broad Pustel which commeth of colde and grosse humours, in the space of xii. daies it will bee made whole.

MAny which are sick by occasion of cold and dry humours, which causeth con-

ſumption, may drinke euerie morning & euening one drop of this Balſame with wine, and they ſhall recouer their health again.

ANy body which hath a poſtimation which commeth of wind and moyſture, which would ſettle it ſelfe in anie place of the bodie, anoint the ſaid place with this Balſam three times a daie, and in the ſpace of eight dayes it will be healed.

READely doth this Balſam helpe al ſores which chaſiceth in ỹ hands, legs, armes, or any part of the body, if thei bee annoynted with it three times a day.

PEaceably and verie quickly this Balſam ſwageth al ſwellings which is not of the dropſy, if the ſwelling be annointed

nointed thzee times a daie with it, and Linnin clothes laid vpon them wet with the ſaid Baiſam.

EVery perſon that is taken with the Palſey, let them mozning and euening dzinck a dzop of this Baiſame in a ſponefull of wine, and alſo anoynt the part which is takē with the ſaid Palſey ii. times a daie, and they ſhall bee healed, and it comfozteth ỹ parts maruelouſly.

THig Baiſame healeth all paynes in ỹ ioynts, ſo that ye waſh the ioints therwith, and alſo plaiſter ỹ ſaid ioints with a linnen cloth, wet it in the ſayd Baiſame, this muſt be done twiſe a day.

HE oz thei which haue their ſinowes dzawen together let them waſh thē with this

Baiſame

Balsame, and they shal be re-
stored wt their former health
and strength. Also it helpeth
the Emroides when they are
very greuous. Also it is good
for the sickness which chaun-
ceth in the Arse Gutte
which is named
Tenasmos,
if a linnen
cloth
be wet with the sayd
Balsame and
put there-
in.

For those which haue their Health.

HE which hath his health and would so continue, I wish him either to forbeare or little to vse those thinges which greatly digresse from that constitution, or mediocritie in which man is created. Our Phisitians do cal euerie thing hot or cold, in the respect of ꝑ nature of man. For if it be somewhat hotter thē his nature, thē it digresseth, and they tearme it hot in the second degree, and in like maner to the third and fourth, which because it doeth so far exceede his constitution, by daily proofe is founde to be vnto him flat poyson, the like consideration on the contrarie side haue they of colde things, wherby you may gather how like alwaies desireth like, and abhorreth the contrary. The thinges which are like, and best agree with the nature of man, are good holsome vsual meates & drinks, a pye fresh & sweet ayre, moderat sleepe

and

and trauell or labor, which although it were alotted vnto vs as punishment by GOD. Yet mercifully withall he hath made it a meane to preserue our health, the thinges which greatly disagree are wines, spice, salt meats, and al very hot thinges, which thou shalt know by tast, for either they bite like Peper, fret like salt, or els shewe some great manifest heat in the mouth. Also on the other side, all rawe fruits and colo herbes, with diuers thiugs of like nature, much vse of Sawses deuised by belly gods, whom God hath punished as much by want of appetite, hauing meate at will: as the poore by want of meat hauing good apetite, to liue in a thicke foggy ayre, to liue idlely and to exceede in eating & drinking, sleeping watching or venery. I would not haue any man to thincke that I doe vtterly condemne al very hot and cold things, but seing they are rather of the nature of medecine then nutriment: I wish them to be verie discretly & moderatly vsed, for hot things are to be vsed when a mans bodie is

very

very cold, and cold thinges when his bodie is ouer hot, but to vse either the bodie being not distempered, is mere madnes. Now further for asmuch as all men are subiect vnto death, and our bodies as yelding therunto, from time to time alwales gather corruption, to preserue our health as much as may be, vntill wee haue run that race which God hath appointed. I comende vnto you this receipt.

Take Borage and Parsley in like quãtity, boyle them in Whey clarified & kepe it in some earthen vessell, vse of it warme in ỹ spring, especialy euery morning fasting a good draught, and in euery draught take so much of a potion as will geue thee two stooles a day more then ordinary, some may vse it ten dayes together some fifteene or twenty as the body doeth require, by this meanes thou maist preuent many diseases and kepe thy bodie in verie good state, it maketh women apt to conceiue, if during the taking thereof they liue chast, and it hath many other special vertues which for breuities

sake

take I will omit. Their is yet one diſeaſe wherewith our wantons here of England are much troubled for not reſpecting the force or helpe of nature, if they feele neuer ſo ſmall or light a griefe, they muſt preſently to Phiſick, vntill they haue ſo filled their Bodies with drinks that they are ſicker of their Phiſicke, then of any diſeaſe, in this griefe a little more wit will bee a preſent help, for ſo ſhall they haue heauier purſes lighter hearts & ſounder bodies.

Doctor Bullins Diet for Health.

BEware of coldnes both of the aire, as miſtes, wind, thin clothing, vncleane lodging, with open windowes in ỹ chãber, or lying on thy back or neere the ground, but vſe ſweet warme aire with a ſmale fire not neare at hand, it will help ỹ matter to ripe, whereas coldnes will binde and driue back the matter

ter and kill the pacient sodainly, suppe cleane broth of chickins, eate but little and ofe, couit to sleep in the night vi. or vii. howers for sleepe is a great friend to nature, if sleepe come not in ꝑ night. then refuse not sleep in the day, sitting in thy Chaire with thy head vpright after meate two houres, walke not much vp & doune, for rest with warmnes is a great nourither of the humors specially blood and choller, be rather laxatiue on the day, then the night. Beware of carefulnes for worldly things Looke not into the glasse of desperation, with Agony and heauines of mind. Hope euer for the best, for a good stomake driueth away many dissease: but when the spirit is vexed: who may abide it. A mery heart is the life to the body but rancor consumeth the bones. Heauines doth bring sicknes, and they whiche haue heauy countenaunces, with continuall agony, are either to rich, to poore, too sicke, too folish, or to sore oppressed. Therefore cõmend gladnes, because a mã hath no better thing vnder the sunne, then to eate and drink

in

in time and measure, and to be merie
for that shall he haue for his labour, all
the dayes of his life, which almighrie
God hath giuen him vnder the sunne,
for there is nothing better then
gladnes, honesty of life, loue
to eache other, and
doe as we
would be done vnto.
Thus fare you
well.